MISSOURI WORKSITE HEALTH PROMOTION
RESOURCE LIST SPONSORS:

http://www.mofitness.org/
http://www.health.state.mo.us/cardiovascular/index.html

Current Status of Worksite Health Promotion Programs in the State of Missouri:

"*Private sector worksite health promotion programs in Missouri: A comparison with national survey findings and Healthy People 2000 recommendations*", 2000. American Journal of Health Promotion, v14 (3): 174-178.

- Nearly two-thirds (66.03%) of 262 respondents from large and extra-large private-sector MO worksites stated that their organization did not offer a worksite health promotio n program (offering one or more disease prevention/health promotion activities to employees at a specific site). Of these, 111 (64.16%) stated that their organization did not plan t start a program in the future.
- Unfortunately, most of the Missouri organizations surveyed neither offered (66.03%) nor planned to start (64.16%) a worksite health promotion program.
- Of those worksites with health promotion programs, the majority (64.73%) offered activities only at the "lowest" Level of Intervention: Communication/Awareness Level (Level I). In order to facilitate long-term behavior change and achievement of organizational health goals, programs should attempt to include all levels (I. Communication/Awareness; II. Screening; III. Health Education/Instruction; IV. Intervention/Behavior Change; V. Environmental/Policy Change); especially the highest levels of intervention, for as many activities offered as possible.
- In a telephone follow-up to a random sample of non-respondents, the majority (87%) replied that they felt survey completion was unnecessary as they had no program or "had never heard of such a program".
- Compared to the *Healthy People 2000* (our nation's health objectives) target objective that recommended that 85% of U.S. worksites offer health promotion programs, only slightly over one-third (33.97%) of Missouri worksites offered such programs.

- The percentage of organizations offering a worksite health promotion program in the "1992 National Survey" of worksite health promotion activities conducted by the Office of Disease Prevention and Health Promotion of the US Department of Health and Human Services (81%) also far exceeded that seen in Missouri.

B. "*Statewide worksite inventory program*"(Preliminary Results). MO Department of Health and Senior Services, 2002   • The MO DHSS conducted, through local public health agencies, a statewide inventory of worksite health promotion activities including safety and chronic disease programs offered at a variety of worksites, small to large (25 to 1000 employees), in various settings (administrative offices to heavy industry)#. The statewide inventory program was inclusive of private, governmental and educational institutions, excluding secondary educational institutions.   • Preliminary results indicated 48% of all businesses had a wellness committee or an employee with health promotion as part of their responsibility. In the past year, 57% of the worksites had conducted some type of health screening and 58% had provided wellness or health promotion messages. In addition, forty-three percent endorsed physical activity (e.g., on-site facility, subsidized gym membership) and/or had a written policy supporting physical activity.   • Geographically, the MO Department of Health and Senior Services (through the local public health agencies) have inventoried or plan to inventory companies in every county in the state, representing industry in the rural, urban and suburban setting.

When MO worksite health promotion programs and efforts were compared to national survey results and *Healthy People* objectives, the number and scope of programs was clearly below what is being conducted nationally. In addition, Department of Health and local public health agency inventory results showed that many businesses lacked the money and volunteer time for employees to form a wellness committee. Therefore, there is a need to make available to interested employees, employers, and local public health agency personnel more free/low-cost resources on how to design, implement, and evaluate effective worksite health promotion programs.

Free/low-cost resources on how to design, implement, and evaluate effective Worksite Health Promotion Programs.
Rationale for Worksite Health Promotion:
http://trochim.human.cornell.edu/gallery/nieves/nieves1.htm#Why%20Health%20Promotion%20at%20the%20Worksite - why WHPPs
http://www.healthpromotionjournal.com/publications/journal.htm "Private sector worksite health promotion programs in Missouri: A comparison with national survey findings and Healthy People 2000 recommendations", 2000. American Journal of Health Promotion, v14(3): 174-178.

http://healthpromotionconference.org/2001conf/advocacy_effort.htm - building health promotion into the national agenda
http://www.health.state.mo.us/cardiovascular/work_facts.htm-why worksite wellness

http://www.uwsp.edu/hphd/awhp/staywell/AWHP%20Slides%20MngWellness_files/frame.htm - PowerPoint presentation to demonstrate rationale - downloadable
http://www.the-hero.org/ - scientific research to prove the worth of whp!!!
http://www.the-hero.org/research.htm- research database
http://www.physsportsmed.com/issues/1999/02_99/shephard.htm- do they work?
http://www.drugfreeworkplace.gov/WPResearch/healthnwelfare/WPHealthpromo.html - why wellness at work
http://www.tcwf.org/work_and_health/future_of_work_and_health/mapping_the_future/health_plans/worksite.htm- work and health, some research artic les, too
http://www.24hourfitness.com/html/corp_well/benefits/ - benefits of whp
http://www.sdhu.com/10_good_reasons_to_promote_healt.htm- reasons
http://www.prevent.org/PHW_quickguide.htm-make the business case

Surgeon General's Reports:
http://sgreports.nlm.nih.gov/NN/Views/Exhibit/narrative/public.html -public health and disease prevention reports
http://sgreports.nlm.nih.gov/NN/Views/Exhibit/narrative/newreports.html - reports after 2000
http://profiles.nlm.nih.gov:8080/search97cgi/s97_cgi - worksite health-related reports

*Healthy People 2010 Objectives***:**
http://www.health.gov/healthypeople/ - homepage
http://www.health.gov/healthypeople/LHI/lhiwhat.htm -leading health indicators
http://www.health.gov/healthypeople/hpscripts/KeywordResult.asp?n296=296&Submit=Submit - worksite objectives
http://www.health.state.mo.us/Publications/CVHStatePlan.pdf - MO state plan includes whp

National/MO Surveys of WHPPs:
☒   1985 ODHP National Survey of Worksite Health Promotion Activities, Public Health Service. National survey of worksite health promotion activities -- a summary. Washington, DC: US Department of Health and Human Services, Public Health Service, 1987. {ODPHP monograph series.}
☒   1992 National Survey of Worksite Health Promotion Activities:
http://www.ntis.gov/search/product.asp?ABBR=PB93100204&starDB=GRAHIST ,
http://www.hhs.gov/news/press/pre1995pres/930414b.txt -
☒   1999 National Worksite Health Promotion Survey- AWHP & Wm Mercer Inc.
www.mercerHR.com
☒   Private sector worksite health promotion programs in Missouri, Am J Health Promot 2000; 14(3):174-178 ☒   Employer coverage of preventive services study:
http://www.prevent.org/Winword/Online%20Report%20-%20Why%20Invest.PDF
Working women's health:
http://www.applesforhealth.com/workwomen1.html

Economic benefits of WHPPs:
http://www.healthpromotionjournal.com/publications/journal/ib2001-05.htm - financial impact
http://humankinetics.com/products/showproduct.cfm?isbn=0873226151 - economic impact book http://humankinetics.com/products/showproduct.cfm?isbn=0873224361 - economic impact book
http://www.jointventure.org/initiatives/health/96direct/effect.html - cost-effectiveness
http://www.prevent.org/Winword/PP-Employers.pdf -employer's guide to the highest value preventive services

Best Practice Programs/Program Models:
http://healthproject.stanford.edu/ - C Evertt Koop National Health Awards
http://healthproject.stanford.edu/koop/work.html - worksite award winners
http://healthproject.stanford.edu/52.htm -program descriptions in the literature
http://www.welcoa.org/index.html - well workplace awards

Needs Assessment/Program Planning:
http://www. imt.net/~randolfi/CWHP.html - comprehensive model of a whpp
http://www.hc-sc.gc.ca/hppb/ahi/workplace/pube/corporatehealth/model3.htm - a worksite health model to follow
http://fcs.tamu.edu/Health/Health_Education_Rural_Outreach/Health_Hints/1998/December/Worksite_Wellness.htm- getting started
http://www.healthpromotionjournal.com/publications/books/textbook.htm- how-to
http://www.fitnessworld.com/info/info_pages/library/mgtmemo/mgtmemo0601.html - steps overview
http://welcoa.org/Merchant2/merchant.mv?Screen=CTGY&Store_Code=WELCOA&Category_Code=SB - sourcebooks for program planning
http://humankinetics.com/products/showproduct.cfm?isbn=0880115424 - program design book
http://www.health.state.mo.us/Publications/CVHStatePlan.pdf - worksite inventory tool
http://www.testwell.org/ - needs assessment/HRA tool
http://www.bimc.edu/interactive/assessment.html -HRA tool http://community.e-baptisthealth.com/health-info/assessment.html - HRA tools
http://www.hcgnet.com/html/articles/understanding-Culture.html - corporate culture assessment http://www.state.me.us/dafs/safety/prevention/health_improvement_sop.htm-sample operating plan
http://www.prevent.org/Winword/Healthy_Workforce_2010_pdf.pdf - sourcebook for worksites to meet HP2010 objectives
http://www.health.gov/healthypeople/state/toolkit/default.htm -field guide to health planning http://www.nationalwellness.org/nwa/naplan.htm - planning resources
http://www.opc.on.ca/beststart/pract_prod/wrkplc_health/wrkplc_health.html - program implementation
http://humankinetics.com/PRODUCTS/SHOWPRODUCT.CFM?ISBN=0880114770 -management of whpp book
http://humankinetics.com/PRODUCTS/SHOWPRODUCT.CFM?ISBN=0873228723 -program management book

http://welcoa.org/Merchant2/merchant.mv?Screen=CTGY&Store_Code=WELCOA&Category_Code=GIB - programs/activities
http://humankinetics.com/PRODUCTS/SHOWPRODUCT.CFM?ISBN=087322888X- program ideas/examples book
http://www.opm.gov/ehs/health3.asp - preventive health services/programs for federal employees
http://humankinetics.com/products/showproduct.cfm?isbn=0736036474 - program evaluation book

Other Resources:
http://www.health.gov/healthypeople/healthfinder/ -reliable health information
http://odphp.osophs.dhhs.gov/pubs/prevrpt/02Volume16/Issue4pr.htm#resources - every government resource about health on-line
http://www.cdc.gov/nccdphp/dnpa/publicat.htm- physical activity and nutrition gov't publications
http://www.cdc.gov/safeusa/work/safework.htm - safety at work
http://www.uwsp.edu/hphd/awhp/ -ACSM worksite health promotion interest group
http://www.uwsp.edu/hphd/awhp/healthlinks/index.htm -more links
http://www.nationalwellness.org/Resources/index.asp - free resources
http://www.nationalwellness.org/nwi_home/nwi.asp - natio nal wellness institute
http://www.welcoa.org/ - wellness councils of America
http://www.wbgh.com/ - employee health services/policy/health cost containment
http://www.prevent.org/phw_home.htm - free membership Partnership for a Healthy Workforce
http://www.prevent.org/homepage.htm - Partnership for Prevention